

# LEGEND

- Museum
  - Heritage Site
  - Washroom
  - City Hall
  - Hospital
  - Playground
  - Arena
  - Spray Pad/Wading Pool
  - Community Centre
  - Tourist Information Centre
  - Pool - Indoor
  - Pool - Outdoor
  - Fountain
  - Skateboard Park
  - Golf Course
  - London Public Library
  - Off-Leash Dog Park
  - Road Crossing (use caution)
  - Drinking Fountain
  - Bike Racks
  - Airport
  - Public Garden/Arboretum
  - Disk Golf
  - Picnic Area
- (2013)

- Thames Valley Parkway
- All paths marked in yellow on the map are wheelchair accessible.
- Bike Road Route - Signed
- Sharrows
- Other Multi-use Pathways
- Path Adjacent to Street
- Bike Lane
- Walking Trail - unpaved
- Environmentally Significant Area (ESA) (no cycling allowed)

**Disclaimer**

This map was prepared by the City of London as an aid to cyclists and walkers. The City of London assumes no responsibility for the accuracy of this map or for the safe condition of facilities and warns both cyclists and walkers that the various types of facilities shown require different skill levels. Cyclists and walkers are urged to use only those facilities that are suitable for their individual skills. Users are solely responsible for any risks encountered in the use or operation of facilities and for their own safety and for any loss, costs or expenses incurred by the City as a result of user acts or omissions. **Note: routes and facilities are subject to change without notice.**

# bicycle law

Remember...

A bicycle is a vehicle under the Ontario Highway Traffic Act. Traffic laws and traffic signals apply to you.

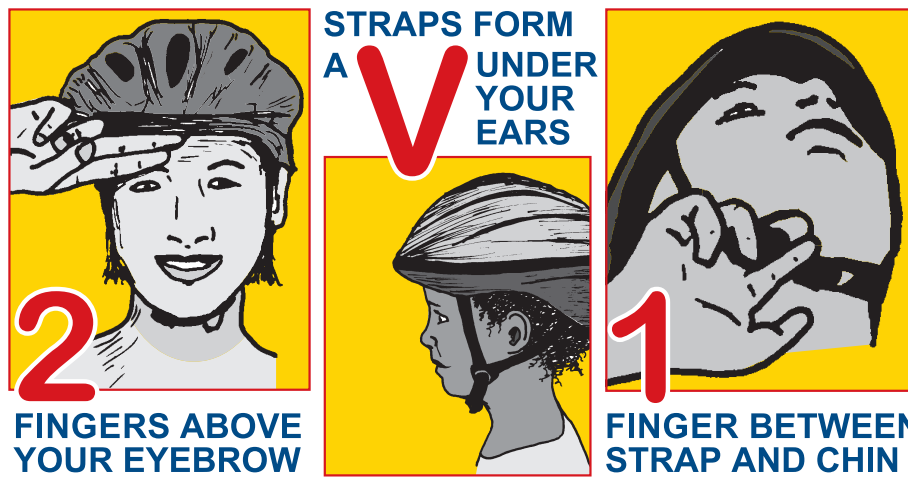
It's the law, all bicycles must have:

- **Reflective tape** - your bike must have white reflective tape on the front forks and red reflective tape on the rear forks.
- **A bell** - your bike must have a bell or horn in good working order.
- **Brakes** - your bike must have at least one working brake system on the rear wheel.
- **Lights** - your bike must have a white front light and a red rear light or reflector if you ride between ½ hour before sunset and ½ hour after sunrise.

**Adults, stay off sidewalks**  
Riding on sidewalks is dangerous!

## helmets

In Ontario, all persons under the age of 18 must wear a helmet. A sticker inside the helmet from CSA, CPSC, SNELL or ASTM means it meets Canadian safety standards.



**A helmet should be worn level and square on the head.**  
Graphic provided by ThinkFirst (www.thinkfirst.ca)

## Hand Signals



## How to lock-up

Buy the best quality lock (or two) you can afford.

No lock is totally theft-proof, but the more you spend, the better the lock will be.

As a rough guide, look to spend 20% of the value of your bike on locks.

There are many different types. The more kinds you use, the harder the bike will be to steal.



Bicycles are transported on buses at owner's risk. There is no additional charge for bikes on LTC buses. Service is provided on first come, first served basis. LTC is not responsible for loss, damage or theft. No tricycles, tandem or motorized bikes allowed. Minimum wheel diameter must be 16". Passengers are responsible for loading, securing and unloading of their bikes.

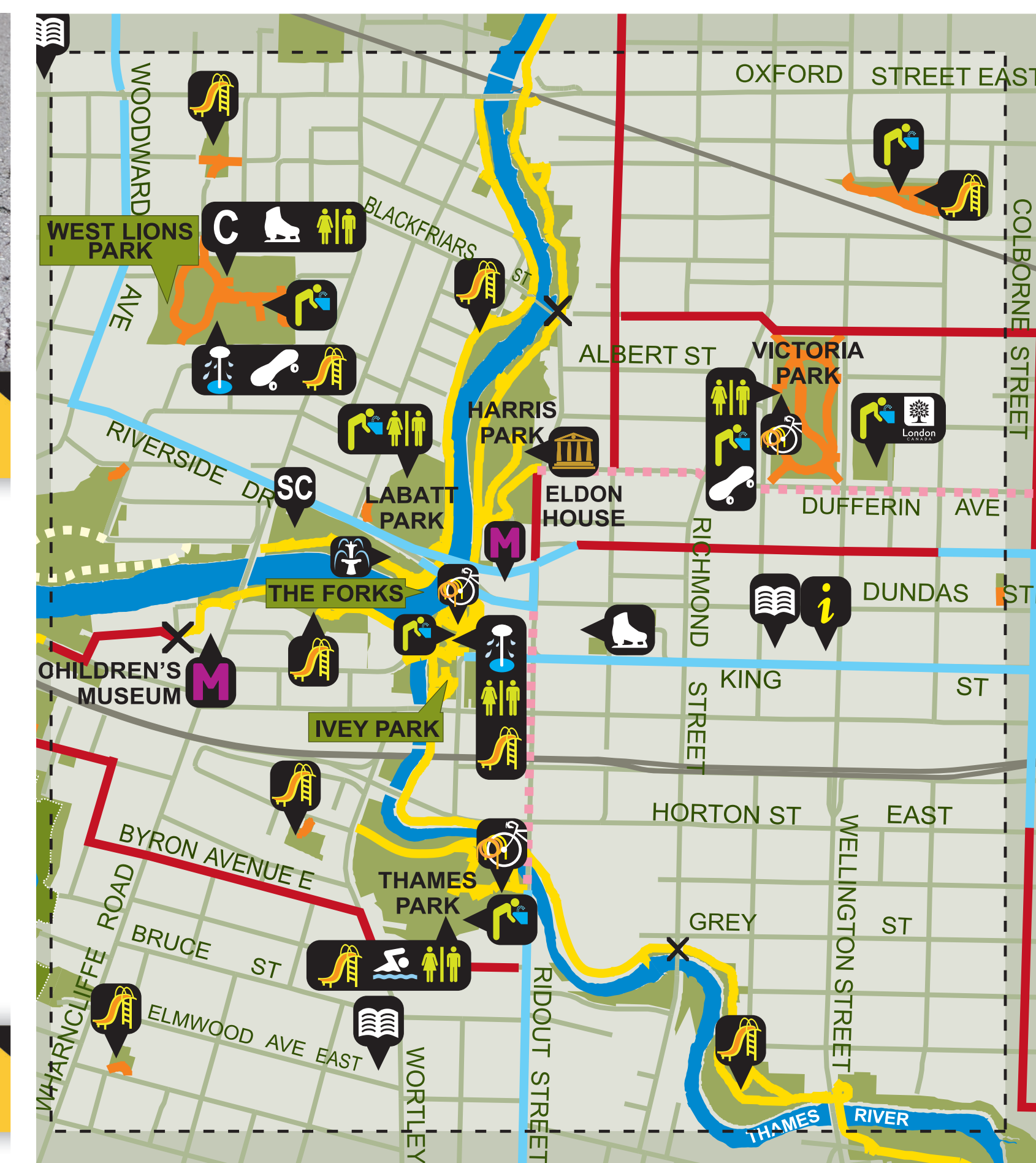
519-451-1347  
[www.ltconline.ca](http://www.ltconline.ca)



**Have a sidewalk or trail safety concern, pothole, dangerous debris, etc. to report?**

Let the City know by calling **519-661-4570** or emailing **es@london.ca**

Reports are prioritized and scheduled as per the City's maintenance practices.



*Explore London*  
by bike or on foot  
VISIT THE CITY OF LONDON'S INTERACTIVE CITYMAP.

To start exploring, search "maps" at [www.london.ca](http://www.london.ca).

**Google** your route!

Google Maps now provides walking or cycling directions in London.

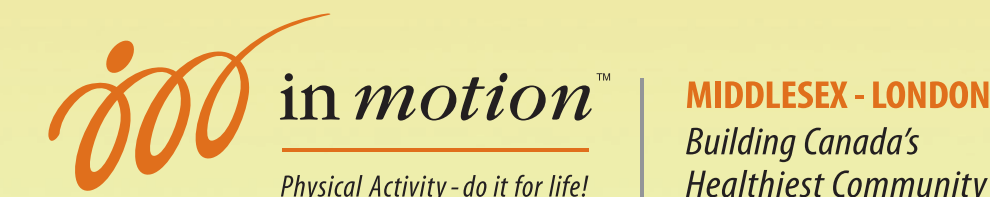
**Can't Wait to See You!**

[WWW.LondonTourism.ca](http://WWW.LondonTourism.ca)

**Get Active Outdoors**

- It is important to be physically active everyday.
- Set a goal and stick to it.
- Ride your bike or walk to school, work, or for trips to the local store.
- Play with your children at the park.
- Go for a walk or jog with your family pet.
- Wear supportive footwear and safety gear appropriate for your activity.
- The more active you are the better!

For more information on physical activity visit [www.inmotion4Life.ca](http://www.inmotion4Life.ca)



## Gearing Up and Stepping Out!

For expert help on buying cycling, walking and running gear that fits you, contact a London specialty shop, sports store, or department store. There are several specialty shops throughout the city, and probably in your neighbourhood.

Here are some shops as listed in the Yellow Pages:

- Champion Bicycles
- Cyclepath
- Cycles London
- Cyzzle Cycles
- First Cycleworks
- Herm's Sport Exchange
- Outspokin Cycles
- Play It Again Sports
- Reynold Cycle
- South London Cycle
- To Wheels
- Village Cycle
- Mountain Equipment Co-Op
- Runner's Choice
- The Running Room